



COVID-19 Home Care Instructions

These instructions are for patients with COVID-19 or suspected COVID-19 who do not require hospitalization based on the Centers for Disease Control's (CDC) Guidelines.

IF YOU BECOME SICKER OR DEVELOP SHORTNESS OF BREATH CALL 911

Please Contact CRDAMC

If your symptoms worsen, you need medical attention, or if you have a question:

- Utilize Secure Messaging (SMS) at www.tolsecuremessaging.com
- Call the CRDAMC appointment line at 254-288-8888
- Call Nurse Advice Line at 1-800-TRICARE(874-2273) – Option 1

Information on Viral Syndrome and Novel Coronavirus (COVID-19)

Viral syndrome may include symptoms like muscle aches, fevers, chills, runny nose, cough, sneezing, sore throat, vomiting or diarrhea. One of the potential viruses you may have is SARS-CoV-2, the virus that causes COVID-19, also known as the novel coronavirus. You may be just as likely to have a different viral infection such as the common cold or flu. Most patients with COVID-19 have mild symptoms and recover on their own. Resting, staying hydrated, and sleeping are typically helpful. As of today's visit, you are well enough to go home and treat your symptoms with oral fluids, medicines for fevers, cough, pain, etc.

COVID 19 testing is not performed on most people with mild symptoms who are being discharged from the Emergency Department or Clinic.

Please follow the precautions below:

• **Stay at home except for medical care.** Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

• **Separate yourself from other people and animals in your home**

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

- **Call ahead before visiting your doctor**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

- **Wear a facemask** when you are around other people or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

- **Cover your coughs and sneezes** with tissues then immediately wash your hands. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

- **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

- **Clean your hands often.** Wash your hands often with soap and water for 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

- **Clean all "high touch" surfaces every day.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product. Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found on the CDC's COVID-19 website, see link below.

- **Monitor your symptoms carefully.** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before seeking care,** call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

- **Before discontinuing home isolation, self-quarantine (Civilian), or restriction of movement (Active Duty).** Please contact your provider for guidance and instructions.

More information is available and updated regularly at the CDC website:

<https://www.cdc.gov/COVID-19>